

# Health Risk Assessment and Early Alcohol Intervention Program for Students

## Background

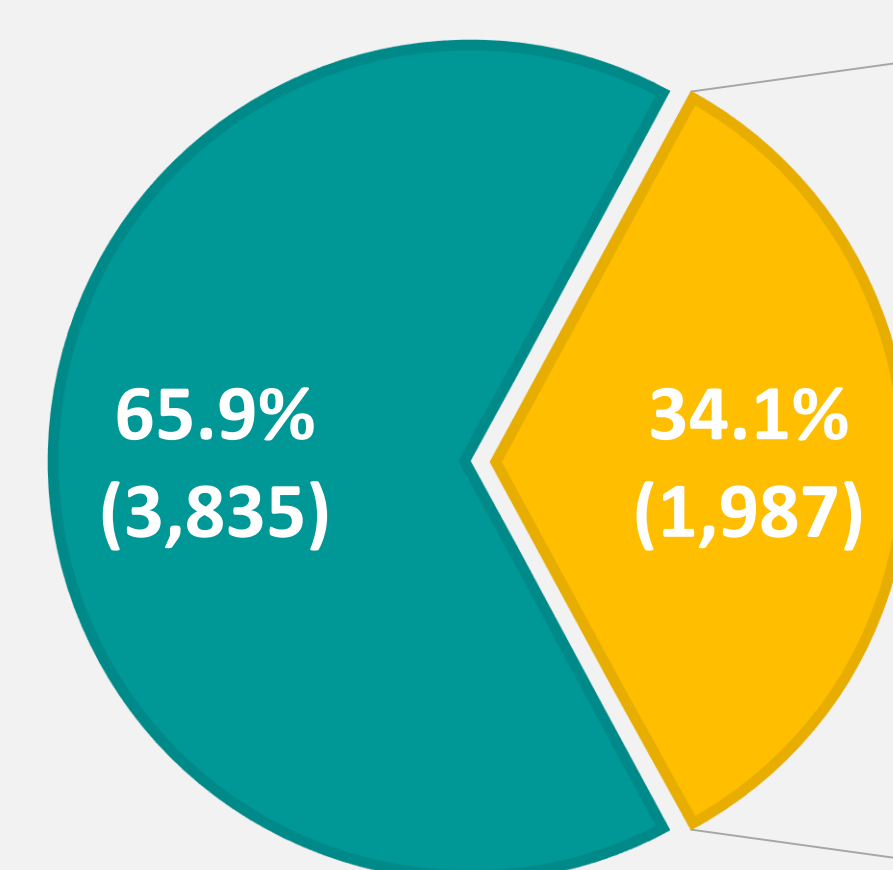
Over the past decade, there has been substantive evidence that students at the University of Iowa (UI) drink more heavily than college students nationally. In 2009, the high-risk drinking rate at the UI was 70.3%, almost double the national rate. Since 2010, campus and community partners have been engaged in work to create conditions that decrease high-risk drinking and related consequences. A three-year Alcohol Harm Reduction plan guides this work. One strategy of the UI Alcohol Harm Reduction plan is a health risk assessment and early intervention program. The health risk assessment aims to provide personalized feedback to sophomore students on many health behaviors. A one-on-one intervention aims to lower high-risk drinking behaviors.



## Results

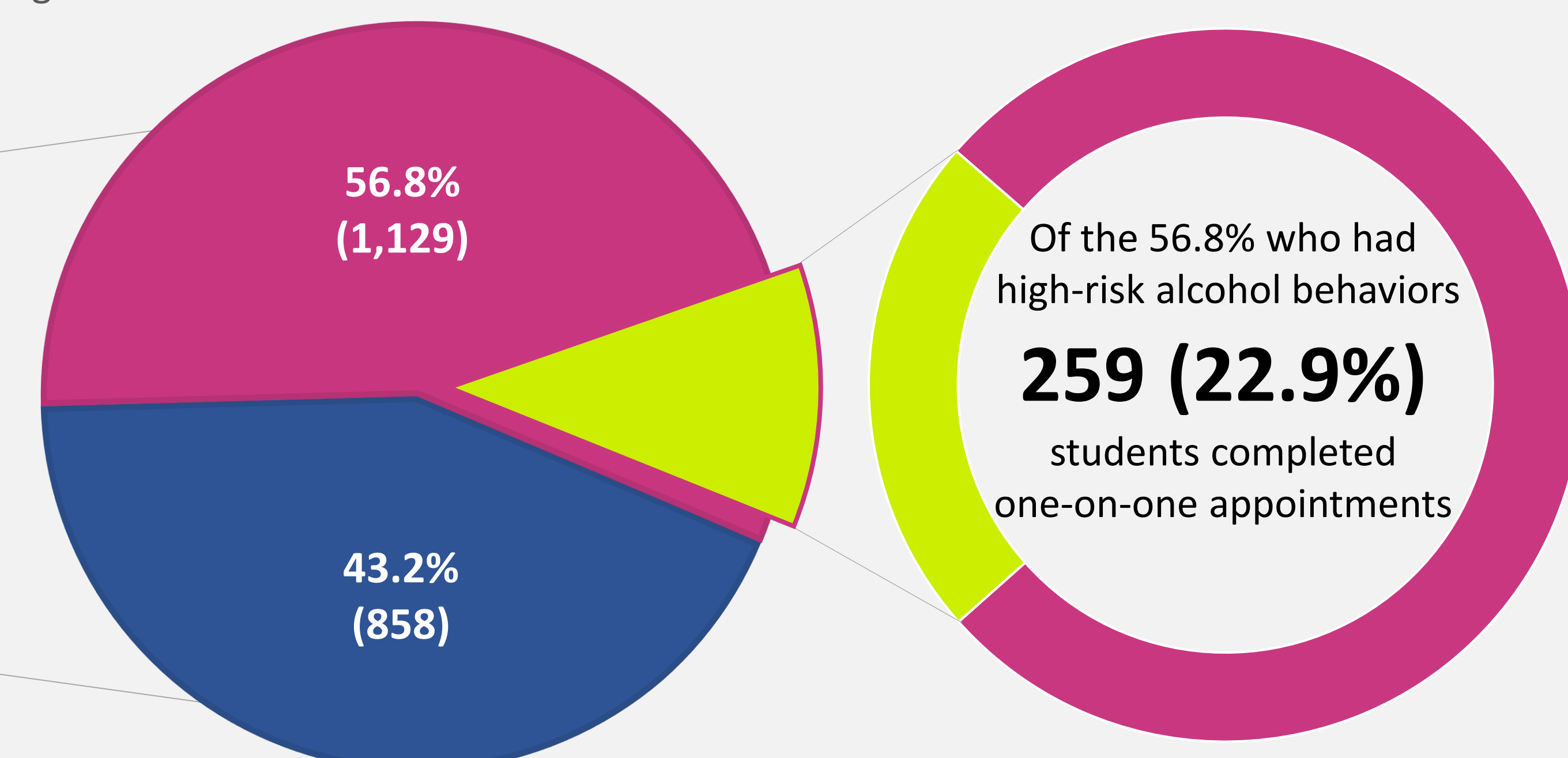
### ELIGIBLE STUDENTS

- Students who did not complete the online health risk assessment
- Students who completed the online health risk assessment



### HEALTH RISK ASSESSMENT RESULTS

- Students whose assessment showed they had low-risk alcohol behaviors
- Students whose assessment showed they had high-risk alcohol behaviors



**135** Completed the 3-month follow-up

**96** Completed the 6-month follow-up

**129** Completed the 12-month follow-up

## Survey

**1,987** sophomores completed the online Health Risk Assessment

**511**

Students completed the 3-month survey evaluation

**96.9%**

Could list one thing they learned about their health after taking the assessment

**95.1%**

Could name one thing they had done to improve their overall health after taking the assessment

Campus Resources

**49.3%**

Of those who participated reported turning to a campus resource after taking the assessment

**STUDENT HEALTH**

Student Health clinical services was the most common resource at 37.8%

**STUDENT WELLNESS**

Student Wellness services was the 2<sup>nd</sup> most common resource at 22.1%

**UNIVERSITY COUNSELING SERVICE**

University Counseling Service was the 3<sup>rd</sup> most common resource at 21.6%

## Methods

Students in the sophomore class were emailed invitations to take part in a health risk assessment during the 2017-2018 school year. Students received immediate feedback on their results and information on campus and community resources. Students who met specific alcohol criteria on the survey were invited to participate in two one-on-one appointments utilizing motivational interviewing. Students were invited to take follow-up surveys 3 months after the health risk assessment, and 3, 6, 12 and 24 months after appointment completion. For each follow-up survey students completed, they were compensated with a \$5 gift card. For each one-on-one appointment students completed, they were compensated with a \$50 gift card.

Health risk assessment invitation

Students completed the health risk assessment.

Student receives \$5

Immediate feedback and resources

3 month assessment follow-up surveys

Student receives \$5

Student meets specific high-risk criteria

Invited to participate in two one-on-one appointments.

Students completed both one-on-one appointments

Student receives \$50/appt

Follow-up surveys 3, 6, 12 & 24 months after appointment completion.

Student receives \$5/survey



Now offering to juniors during 2018-2019 school year

## Alcohol Consultations

	Change after 3 months	Change after 6 months	Change after 12 months
Number of high risk drinking (4+ drinks for women, 5+ for men) occasions in the last 2 weeks	1.5 to 1.0**	1.5 to 1.1**	1.4 to 1.0**
Average typical number of drinks in the last 30 days	4.9 to 3.7***	5.1 to 3.8***	4.9 to 4.0***
Average typical blood alcohol concentration in the last 30 days	.08 to .05***	.07 to .05***	.08 to .06***
Percent who had any negative consequences from use in the last 30 days	88.1% to 72.6%**	87.5% to 75.0%*	85.5% to 78.6% (not significant)

\*p<05 \*\*p<01 \*\*\*p<001

## Conclusions

- Most students who completed the online health risk assessment could name at least one thing they learned about their health and one thing they had done to improve their health as a result of taking the assessment.
- Many students who completed the online health risk assessment reported turning to at least one campus resource as a result of taking the assessment.
- Early intervention appointments are effective in changing high-risk alcohol behavior among students.
- A health risk assessment and early alcohol intervention program can be costly, but effective in changing behavior.
- A health risk assessment and early alcohol intervention fit well as one piece of a larger, comprehensive campus alcohol harm reduction initiative.